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HOW TO FIX THE BOMBERS BEFORE IT'S TOO LATE



PHOTOS: THE CANADIAN PRESS/GETTY IMAGES

**ANDREW 'HUSTLER' PATERSON TALKS THE TEAM'S
SUBPAR SEASON, AND HOW TO GET BACK ON TOP**
metroSPORTS

New police unit sees first cases

REVIEW

RCMP officers' conduct under investigation

A new unit formed in June to review police officer conduct in Manitoba says it has taken on its first four cases.

The Independent Investigation Unit is looking into three cases of RCMP officer conduct while on duty.

It is also investigating an RCMP officer who is accused of physically abusing a child since 2010.

The unit's job is to consider all serious cases involving police officers in Manitoba — whether they happen on or off duty.

The unit was formally recommended after a fatality inquiry into the death of Crystal Taman, a woman who was killed when her car was rear-ended by an off-duty Winnipeg police officer who had been out partying all night.

PUBLIC INTEREST
The unit is led by civilians and will also be able to take over any police investigation it considers to be in the public interest.

In a release Tues-

day, the unit outlined the cases it is reviewing:

- May 16, 2015: A person detained at the RCMP detachment in The Pas alleged physical assault and injury.

- June 21, 2015: RCMP in Spruce Woods received a report that a Mountie had allegedly physically abused a child between 2010 and 2015.

- July 19, 2015: Oakbank RCMP officers were dispatched to a single-vehicle accident and possibility of an impaired driver in Anola. A person collapsed a short time after receiving a breath test and died in hospital.

- July 19, 2015: An RCMP member pursued a vehicle that sped past him on a highway north of Gimli. The driver pulled into a driveway and the officer tried to make an arrest, but the driver entered a building. The officer called for backup and Mounties entered the building to take the driver into custody.

The unit says the driver was seriously injured and had to be taken to hospital.

THE CANADIAN PRESS

HEALTH CARE

Liberals pledge to lift surgery limits

Manitoba Liberal Leader Rana Bokhari promised Tuesday to lift an annual funding limit on hip and knee surgeries if her party someday forms government.

But it was not clear how much the move would cost or how it would be done.

"We will work together with whoever we have to work with. We will put together a comprehensive plan that will work," Bokhari said.

"Costing-out will happen closer to the (2016) election, just like every other one of our policies."

Bokhari said budget constraints have at times required procedures to be delayed from one fiscal year to the next, including at a specialized hip-and-knee centre at Concordia Hospital in Winnipeg.

She said a Liberal government would free up money for such surgeries as long as a doctor and emergency room were available.

The NDP government said Bokhari's plan would mean taking money from another part of the health-care budget.

"The Manitoba Liberals' uncosted proposal would lead to cutbacks in other areas of front-line health care and create more problems than it would solve," wrote Andrew Tod, a press secretary to the provincial cabinet, in a statement.

The Winnipeg Regional Health Authority said that while

there are limits on how many surgeries can be performed, all urgent cases are treated as quickly as possible and there are many factors that can lead to a waiting period for non-urgent cases.

"In addition to availability of an operating room or an orthopedic surgeon, the availability of nursing and anesthesia staff, equipment needs, reprocessing requirements ... all play a role," said authority spokeswoman Felicia Wiltshire.

The most recent data from Manitoba Health shows a median wait time of 17 weeks for hip and knee surgeries.

Tuesday's news conference was the second in less than a week for Bokhari. The Liberals are hoping to emerge from the political wilderness in the provincial election slated for next April 19.

Premier Greg Selinger and Progressive Conservative Leader Brian Pallister have held few media events over the summer, but Bokhari has started to become more visible. She held a news conference last week to promise lower alcohol prices.

Bokhari said Tuesday any move to shorten hip and knee surgery wait times would be a good move because people waiting for procedures have reduced mobility and can see their health deteriorate.

THE CANADIAN PRESS

It's bad policy to have a cap on seniors waiting for surgery.

Manitoba Liberal Leader
Rana Bokhari

Music lovers fear the loss of Osborne Inn

PROPERTY SALE

DJ says iconic venue is the best place for young bands



Dave Baxter
Metro | Winnipeg

For decades it's been where well-known and young up-and-coming bands have gone to rock out in Winnipeg, but now those in the local music scene are worried the Osborne Village Motor Inn could go quiet.

"I've spent my life here," said local rock-radio DJ Howard Madschein, who has spun rock records on Winnipeg's airwaves for decades.

The Osborne Village Inn is the place that gave bands a place to play, and the Osborne Village Inn encouraged original material."

On Tuesday, it was confirmed the iconic Osborne Village Motor Inn has been sold by its owners, but it is not yet known if the building will stay the same, get a facelift or be demolished.

For now, it's business as usual at the hotel.

For years, live music has been played in both the hotel's upstairs venue, the Zoo Night Club, and in Ozzy's Bar downstairs.

"It would be missed because we would be losing a venue



Local radio DJ Howard Madschein said the loss of the Osborne Village Motor Inn as a live music venue would be a disaster for Winnipeg's original music scene. DAVE BAXTER/METRO



I'll tell you right now it will be one of the biggest blows to the rock scene in this town if it goes.

Michael K. Smith, musician

that champions local and Canadian bands," said Madschein.

"And this room had a fantastic vibe. It had a rock and roll vibe. It's a f-king rock and roll room."

Local musician Michael K. Smith said he has played in the hotel countless times with different bands.

"I'll tell you right now it will be one of the biggest blows to the rock scene in this town if it goes," said 41-year-old Smith.

"The Zoo and Ozzy's were



TAKE IN THE OUTDOORS

Grab your lunch and relax on the beautiful cityplace terrace, downtown. Located on the second level at cityplace, off of the food court.





Nancy Ellen Noren, who walks her dog Jack along the bike and walking paths on Sturgeon Road, is worried about the safety of wildlife and her own pet if a roundabout is built. DONNA MAXWELL/METRO

Roundabout a surprise to residents

ROAD SAFETY

Sturgeon Road change meant to cut traffic at four-way stop

Donna Maxwell
For Metro | Winnipeg

A woman living near the intersection of Sturgeon Road and Murray Park Road/Silver Avenue says a public information session on the construction of a roundabout there is too

little, too late.

The session, set for Sept. 14 at 7 p.m. at the Heritage Victoria Community Centre, will be held long after construction on the roundabout has already begun.

"It's a bit too late for us to do anything about it," said a frustrated Nancy Ellen Noren, 23, who learned of the roundabout when she returned from a trip to England a few weeks back.

"There was a bunch of stakes in the ground ... (but) there were no signs. There's a dog park there, there were no signs around there. There were no signs at the skate park. There seemed to be no notification

this happened."

A city spokesperson said the city learned in March 2014 the province was committing an additional \$9 million to that year's regional and local street renewal program, which allowed for the addition of three projects, one of them being the Sturgeon roundabout that will replace a four-way stop, prone to long lines of traffic and delays.

Council approved the project later that summer.

Noren said she thinks the city should be more communicative with its residents when it comes to significant changes in their neighbourhoods. She

said it's unreasonable to expect people to follow every move of council and sift through the complications of the city system.

When she saw the stakes in the ground, she tried to contact the city, but had no luck.

"I just get put on hold or have to sit through machines," she said.

She began contacting her neighbours, and of 19 she spoke with, 13 knew nothing about the roundabout and the others found out a week ago through a brief in a local newspaper. Noren has started an online petition opposed to the construction and she put fly-

ers on 120 doorsteps Tuesday to direct people to the petition, garnering 23 signatures in five hours.

Noren said she was concerned the roundabout would interfere with wildlife around the intersection. However, a city spokesperson confirmed the roundabout will be located in the same spot as the current

four-way stop, within the city right of way.

But Noren said the detours they're constructing go into the fields. She also worries the roundabout won't be big enough for large vehicles because others the city has constructed aren't.

Noren said she is disappointed neither former St. James-Brooklands-Weston Coun. Scott Fielding nor current Coun. Scott Gillingham contacted residents prior to approving the roundabout or since. She said her calls to Gillingham haven't been returned.

Gillingham was not immediately available for comment.

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Downtown Winnipeg BIZ executive director Stefano Grande, sporting some very colourful shades, enjoys a meal from one of the food trucks that will be at the ManyFest street festival while announcing this year's event on Tuesday. DAVE BAXTER/METRO

ManyFest closes out summer in the city

WEEKEND

Festival will see people and food trucks line Broadway



Dave Baxter
Metro | Winnipeg

Winnipeg's biggest outdoor festival is set to take over the streets of downtown once again this September.

The Manitoba Liquor and Lotteries ManyFest street party will hit Broadway for the fifth year in a row Sept. 11 to 13.

"It's exciting because it's the biggest street festival this city has, and it's on a weekend that usually marks the last warm sunny weekend of our summer," said Downtown Winnipeg BIZ executive director Stefano Grande.

The BIZ said the event will bring "an energetic atmosphere of arts, entertainment, fitness and delicious cuisine" to Broadway.

Lights on Broadway, a wine

and beer garden, farmer's and artisan's markets, a kid's activity zone, a Zumbathon, and the Electric Donkey Glow Run are just some of the many things that will be going on at ManyFest.

Food trucks will line Broadway during the festival for Food Truck Wars, and there will be a long list of live musical entertainment throughout the weekend.

This year the festival will run on the same weekend as the Manito Ahbee Festival at MTS Centre.

"We want to bridge the gap

between two great events because the Manito Ahbee Festival has Manitobans from everywhere coming to celebrate aboriginal culture," said Grande.

Roughriders fans will also be infiltrating the city that weekend for the Banjo Bowl, so Grande hopes some of our neighbours from the West will make a trip to ManyFest.

This year's festival will also feature ManyFest Afterhours, and people who get wristbands from the beer gardens will be able to keep partying at a number of local establishments once the festival has shut down.

NUIT BLANCHE

'It's Christmas for artists and weirdos'



We're thrilled to be able to expose Winnipeg audiences to such a great spectrum of Canadian contemporary art.

Monica Lowe,
Nuit Blanche Winnipeg

One of the artists selected as an "emerging voice" in this year's Nuit Blanche Winnipeg says she's a fan of the annual event and thrilled to be part of it.

"I have always found Nuit Blanche to be an extremely accessible, community-minded event, taking art out of the exclusive gallery settings and into the streets," said Kelly Campbell, a recent graduate of the University of Manitoba Fine Arts Studio.

"I love wandering around downtown and the Exchange, not knowing what is and isn't supposed to be art. It's Christmas for artists and weirdos."

cal businesses and public spaces throughout St. Boniface, the Exchange District and downtown Winnipeg.

The Nuit Blanche Winnipeg has announced the selection of 10 emerging and established artists to showcase at this year's event. The artists were selected through an open-call process.

"This year's open-call selections reflect Winnipeg and Canada's culturally diverse arts community as well as a wide variety of artistic mediums including painting, performance, textiles, multimedia, and interactive sculpture and sound in-

stallations," said Monica Lowe, committee chair of Nuit Blanche Winnipeg and chair of the open calls.

A jury of local artists selected the winners in two categories, emerging voices, for Manitoba post-secondary artists, and Illuminate the Night, for national, mid-career and established artists.

The Manitoba winners are Kelly Campbell, duo Joshua Dieleman and Thea Pederson, and Dafne Jara in the emerging voices category.

For more information visit nuitblanchewinnipeg.ca. METRO

Nuit Blanche is an all-night party that showcases interactive art installations displayed in lo-

Hostage-taking survivor helps teen

Manitoban Rinelle Harper is seeking a scholarship

A freelance journalist who was kidnapped in Somalia has joined the growing list of Canadians stepping forward to help out a Manitoba girl who survived a vicious attack of her own.

Amanda Lindhout issued a plea on Facebook recently asking for donations of Air Miles to help Rinelle Harper and her mother get to St. Francis Xavier University in Nova Scotia to meet with officials about the possibility of a scholarship.

The teenager was left to die beside a river in Winnipeg after a brutal assault last year, but survived and continues to recover, occasionally speaking out publicly about her ordeal.

Last month, her family's home on the Garden Hill First Nation burned to the ground, prompting an GoFundMe campaign that raised more than \$16,000.

Lindhout, who was held hostage for more than a year in Somalia, first connected with the Harper family earlier this summer and posted her Air Miles plea on the weekend.

It wasn't long before she posted again, saying that two women named Leah Brown and Rosanne

Alldis had offered the miles necessary to secure flights for the meeting on Aug. 19.

Rinelle's mother, Julie, issued a statement saying her family has been "overwhelmed by the outpouring of support and kindness."

"So many have donated and we are so moved by the generosity," she wrote. "We are so proud to be Canadian and we thank all those who keep us in their prayers." THE CANADIAN PRESS



Rinelle Harper THE CANADIAN PRESS

MIGRATION

Somali man seeks refuge in Winnipeg

A Somali man who has endured a year-long, harrowing journey to escape his homeland is hoping that Winnipeg will now provide his chance at freedom.

Yahya Samatar, 32, an aid worker, says he had to leave his children behind with relatives and flee his country after he was threatened by the terror group Al-Shabab.

First he flew from Somalia to Brazil, then hiked through the jungle to Colombia, then up through Central America and to the United States, where he was detained.

Facing deportation, Samatar headed north until he found himself on the shore of the Red River.

Although he wasn't exactly sure where he was, he believed crossing the river would land him on Canadian soil so he jumped in and swam across through the fast and frigid waters, wondering if he would encounter crocodiles as he would in rivers at home.

Emerging on the other side, Samatar walked across several farms before meeting a Good Samaritan who gave him clothes and linked him with the Canadian Border

Services Agency.

"Actually, it was quite complicated, but sometimes you have to take a risk to save your life — that's what I was doing," says Samatar.

Hospitality House's Karin Gordon, who helps refugees settle in Winnipeg, says Samatar's background as an aid worker makes his chances of being allowed to stay in Canada pretty good.

"His life was truly under tremendous threat, and if he goes back to Somalia he will be a dead man very shortly," says Gordon.



**Sometimes you
have to take a risk
to save your life.**

Yahya Samatar

Officials with the refugee ministry at Hospitality House say refugee claims in Manitoba are on the rise.

They say there were 56 in the past four months — the same number as all claims submitted last year.

CTV WINNIPEG/THE CANADIAN PRESS

IN BRIEF

Police searching for two accused of indecent acts

Winnipeg police are looking for two men in two separate indecent act incidents on Monday.

The first happened at about 1:30 p.m. when police said a woman saw a man performing an indecent act in Munson Park near Kingsway. He's described as white, 30, five-foot-nine with a slim build and short brown hair, wearing a white T-shirt and black baseball shorts.

The second incident hap-

pened about an hour later at a restaurant in the 700 block of Pembina Highway. There, a family saw a man in a nearby booth masturbating. When he was confronted, he fled the restaurant. That man is described as white, 55-65 years old, five-foot-nine to six-foot-two, with a medium build. He had blue eyes, reading glasses and grey hair and took off in a beige Chevy Silverado.

Anyone with information is asked to call police at 204-986-2877. METRO

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Vigil marks 31 trying days

KRULL DISAPPEARANCE

'Not knowing is the most horrific thing,' says friend



Dave Baxter
Metro | Winnipeg

Connie Muscat says the past month has been difficult, as she doesn't know where her good friend is or what has happened to her.

"The not knowing is the most horrific thing that can happen to anyone, and it's so hard for her family," said 30-year-old Muscat, a long-time friend of Thelma Krull and her family.

"I would not wish this upon anyone."

Krull, 57, went missing while out for an early morning hike in Winnipeg on July 11.

To mark one month since Krull went missing, Muscat has set up a vigil at the Val-

ley Garden Community Centre grounds and said people are welcome to come and drop off flowers and messages.

The vigil has a picture of Krull, purple ribbons and the message "Come home."

"We just want people to not forget and understand that we are not giving up, and we want to remind people that all we need is that one call or clue to get this whole investigation moving forward."

Muscat has been working as a liaison for Krull's family since her disappearance, and said that, despite how difficult this has been, they stay positive and focused on finding answers.

"Because that is what Thelma would have done," said Muscat.

"Thelma brought positivity to everyone's life, and if someone would complain about something she would always find the positive in it."

Anyone with information regarding the disappearance of Thelma Krull should call police at 204-986-6508.



Connie Muscat puts down flowers at a vigil she created in honour of Thelma Krull, who has been missing since July 11. DAVE BAXTER/METRO

IN BRIEF
Two movies switched out of Movies in the Park lineup

Thanks to delays in their release, two movies in Assiniboine Park's Movies in the Park lineup have been switched out.

Friday's late feature of Tomorrowland has been replaced with Finding Nemo, which will now start at 7 p.m. Guardians of the Galaxy will start at 9:15 p.m.

Avengers: Age of Ultron has also been delayed, so the Aug. 21 movie will be chosen by a poll at the park's Facebook page.

"Since Avengers is no longer available, we thought we'd invite the community to help us select another Marvel movie for that night instead," said Trevor Clearwater, director of visitor experience.

"We had a great crowd out for our first movie night last week and are looking forward to seeing many more over the next month."

Choices in the poll include Thor: The Dark World and Iron Man 3.

METRO

Special times for a special tour.

Take the Mikinak-Keya Spirit Tour at the Canadian Museum for Human Rights. Learn about the important connections between Indigenous teachings and the Museum's architecture. This unique experience takes place at special, serene times – before and after regular Museum hours. From August 2 – 15, the tour is offered at 9 am daily and also on Wednesday evenings.

For pricing and details including French and English tour availability, visit humanrights.ca/visit/tours

Tickets must be purchased at least one day in advance. Buy yours at the Museum, call 204 289 2227 or email visitorservices@humanrights.ca

English tour: August 2 – 15 (9:00 am – 10:30 am) French tour: August 7 & 14 (9:00 am – 10:30 am)
Cost: \$15 plus applicable general admission charges.



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Canada



Liberal Leader Justin Trudeau speaks to supporters during a campaign stop in the riding of Papineau in Montreal on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS

Cleanup time for Trudeau

SENATE

With Duffy trial on tap, federal leaders take aim against Harper

With the curtain about to rise on the climactic second act of the Mike Duffy trial, Justin Trudeau promised Tuesday to clean up the scandal-tainted Senate, while Stephen Harper set his sights on neighbourhood drug labs.

The Liberal leader vowed to clean up the prime minister's "mess," accusing Harper of leading the "most secretive, divisive and hyper-partisan government in Canada's history."

That mess, of course, is the Senate, and in particular Duffy's trial, which was scheduled to enter its most explosive phase Wednesday with none other than Nigel Wright, Harper's former chief of staff, as the first witness.

Wright is the man who provided Duffy with \$90,000 of his own money to repay his disallowed housing and travel expenses. The former Conservative senator has pleaded not guilty to 31 charges including fraud, bribery and breach of trust.

Trudeau, determined to keep the Conservative scandal top of mind for Canadians, spoke Tuesday of transparency, saying it would be a fundamental principle in a Liberal government.

He also promised to bring in a merit-based appointment process to the Senate.

Harper, meanwhile, tried to avoid being drawn back into the Duffy fray with yet another policy announcement — his fifth with the

11-week campaign still in its infancy.

Harper promised a 20 per cent increase in funding — to almost \$27 million a year — to help the RCMP target marijuana grow-ops and meth labs and another \$500,000 a year over four years on a national toll-free hotline for parents to get information about drug use among the country's youth.

NDP Leader Tom Mulcair, however, was more interested in Harper's travel itinerary, in particular the fact he was getting as geographically far away from Ottawa as possible.

"I do find it interesting that Mr. Harper has decided to try to hide out in the North Pole during the Mike Duffy trial this week," Mulcair said.

"On a whole series of subjects, Mr. Harper has said one thing and its opposite in the Mike Duffy affair. You can't say one thing and then its opposite and have them both be true."

"A lot of that is going to be catching up with Mr. Harper this week. He can run but he can't hide."

THE CANADIAN PRESS

+ ITINERARY

Where the leaders are:

- Prime Minister Stephen Harper's itinerary was unavailable.
- Liberal Leader Justin Trudeau's itinerary was also unavailable.
- NDP Leader Tom Mulcair is scheduled to be in Quebec.
- Green Party Leader Elizabeth May will be in Squamish and North Vancouver, B.C.

NEWFOUNDLAND

Former Liberal MP to run as an independent

With his wife by his side, former Liberal MP Scott Andrews announced he'll run as an Independent in the federal election as he brushed off lingering questions about sexual harassment claims against him.

"I'm moving forward and I'm putting that in the past," Andrews said Tuesday at a news conference in Paradise, N.L., outside St. John's.

The region is part of the Avalon riding Andrews has repre-

sented since 2008. He left the Liberal caucus in March after leader Justin Trudeau suspended him for alleged misconduct involving a female MP.

Susan Mosher will act as official agent for her husband in the campaign, as she has since 2008.

"I am 100 per cent supportive of this man," Mosher said.

"It was a difficult time, I don't deny that. But I am fully supportive of where we've come and where we are today, and

from here on we are moving forward."

In March, Andrews said he accepted summary findings after an investigation by Toronto lawyer Cynthia Petersen, but stopped short of saying he did anything wrong. Petersen's investigation was conducted at Trudeau's request, and the report was not publicly released as participants were assured confidentiality.

Andrews refused then as he

did Tuesday to discuss specifics.

In a spring letter to constituents, Andrews wrote that the MP involved "has remained anonymous and expressed no interest in taking action on unsubstantiated allegations. Eager for an appropriate resolution, I have co-operated and participated in all processes presented to me; one offered by the Speaker of the House of Commons, the other by Mr. Trudeau.

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DUFFY TRIAL

Ex-chief of staff in court

The moment has arrived for Nigel Wright to fill in the blanks on his controversial dealings with Sen. Mike Duffy, but the prime minister's former chief of staff won't be the only one with fresh details this week.

With Wright beginning his testimony Wednesday at Duffy's fraud, breach of trust and bribery trial, the defence team is expected to soon release hundreds of internal emails exchanged with Stephen Harper's key people.

Back on the first day of the trial in April, defence lawyer Donald Bayne threw that thick binder of evidence down on a courtroom table with a loud thump — a teaser of things to come. The full transcript of Wright's 2013 interview with police has also yet to be seen publicly.

Wright arrived Saturday in Ottawa from London, where he is a managing director with Onex Corp. A source close to Wright said the former chief of staff is ready for a full airing of the circumstances around his secret \$90,000 payment of Duffy's improper living and travel expenses in 2013.

Wright takes his duty to the trial process seriously, said the source, speaking on condition of anonymity because they weren't authorized to discuss the matter.

Wright's mere presence at the trial, combined with the new exhibits, will breathe new life into a scandal that embroiled a number of people close to Harper — as well as some of his top Senate appointees — smack in the middle of an election campaign.

Harper has maintained he knew nothing about Wright's payment before it emerged in the media.

THE CANADIAN PRESS

What you need to know as Mike Duffy's trial resumes

SENATE SCANDAL

Nigel Wright's testimony may give Harper's foes fodder



Michael Woods
Metro | Ottawa

The Mike Duffy trial returns from a seven-week hiatus with a bang on Wednesday. Star witness Nigel Wright, Stephen Harper's former chief of staff, is expected to take the stand at the Elgin Street courthouse. Here's a refresher on what you need to know as the suspended senator's trial resumes.

What has happened so far?

Duffy is facing 31 charges including bribery, fraud on the government and breach of trust. The trial spanned 36 days this spring, then went on hiatus for seven weeks.

Testimony thus far has revolved around expenses Duffy claimed related to his residence in Kanata (which he claimed was his secondary residence), travel and other expenses related to consulting contracts.

What happens now?

Starting Wednesday, the trial turns to the matter of the infamous \$90,000 cheque Wright wrote to cover Duffy's inappropriate housing expenses. When the payment came to light in May 2013, it led to Wright's departure from the PMO and the most significant political firestorm of Harper's time as prime minister.

It remains unclear whether Wright resigned or was dis-



Sen. Mike Duffy is seen arriving at an Ottawa court in June. Nigel Wright, Prime Minister Stephen Harper's former chief of staff, is expected to take the stand Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS FILE

missed; Harper has given both explanations, and did not directly answer a question on the matter when asked at a campaign event in Markham on Tuesday.

The RCMP investigated Wright but dropped its investigation in April 2014, saying the evidence did not support laying criminal charges.

What could we learn?

Wright hasn't said much publicly about the case. But according to documents filed by the

RCPM, Wright wrote in a February 2013 email that the prime minister was "good to go" with a plan to have the Conservative Party repay Duffy's housing expenses. However, Harper denied saying those words when asked about them on Sunday.

"The words you are quoting are not my words. They are somebody else's," he said.

In a May 14, 2013 email to colleagues, Wright wrote "the PM knows, in broad terms only, that I personally assisted Duffy when I was getting him

to agree to repay the expenses."

Questions abound exactly how much Harper knew. We may find out more details about both of these instances.

What does the prime minister have to say about this?

Harper has continued to deny any advanced knowledge of Wright's payment to cover Duffy's denied housing expense claims. He did so again Tuesday morning.

If Wright's testimony differs at all from that, it could spell trouble for the prime minister.

What does this have to do with the election?

The timing of Wright's testimony — falling during Week 2 of an 11-week election campaign — is coincidental.

But it could be unfortunate for the Conservatives, with Harper facing questions about details of Wright's testimony on the campaign trail, and the details potentially giving the NDP and Liberals fodder for attacks on the Conservatives.

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Critics wary of Iran deal

INTERNATIONAL RELATIONS

Many doubt U.S. can catch any 'cheating' on agreement

Iran's intelligence agencies have penetrated CIA front companies, executed Western agents and captured a sophisticated U.S. drone.

So why should anyone believe American intelligence officials when they express confidence that they can monitor Iran's compliance with the just-completed nuclear agreement?

The main reason, according to a classified joint intelligence assessment presented to Congress, is that the deal requires Iran to provide an unprecedented volume of information about nearly every aspect of its existing nuclear program, which Iran insists is peaceful.

That data will make checking on compliance easier, officials say, because it will shrink Iran's capacity to hide a covert



Secretary of State John Kerry testifies in July before the House Foreign Affairs Committee hearing on the Iran nuclear agreement. ANDREW HARNIK / THE ASSOCIATED PRESS

weapons program.

"We will have far better insight (into) the industrial aspects of the Iranian nuclear program with this deal than what we have today," James Clapper, the director of national intelligence, told an audience last month at the Aspen



The intelligence community can rarely guarantee, 'We're going to find the secret site.'

David Albright, former weapons inspector

Security Forum.

Outside experts don't dispute that. But they question

— considering past blunders of U.S. intelligence in the Middle East — whether American

spying will really be able to detect every instance of Iranian cheating.

"The intelligence community can rarely guarantee, 'We're going to find the secret site,'" said David Albright, a former weapons inspector who heads the Institute for Science and International Security.

"They have found them before in Iran and that's good, but I think they are going to have to do more work and bolster their capabilities to find secret sites in Iran in an environment when Iran is taking counter measures against them."

Congress is expected to vote next month on a resolution rejecting the agreement.

The United States, Russia, China, Britain, France and Germany reached the agreement with Iran on July 14 that would curtail its nuclear program in exchange for billions of dollars in relief from economic sanctions.

As part of that deal, Iran agreed to disclose nearly every element of its nuclear supply chain.

THE ASSOCIATED PRESS

IN BRIEF

Illinois man pleads guilty to terrorism charge

A man has pleaded guilty to a terrorism charge for attempting to join al-Qaida-affiliated fighters in the Middle East. The FBI arrested Abdella Ahmad Tounisi in 2013 after he contacted undercover agents through fake extremist websites.

Tounisi said, "I wanted to go to Syria to fight with Jabhat al-Nusra." He faces a maximum 15-year prison sentence.

THE ASSOCIATED PRESS

Rare recording of 'I Have a Dream' speech found

An English professor has unveiled a recording of what he says is the first time Martin Luther King Jr. said "I Have a Dream" in a public speech. Months before the civil rights leader gave his famous address at the March on Washington in 1963, he was fine-tuning his message in other venues.

Jason Miller says he discovered the recording in a library in Rocky Mount, N.C.

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vacations



Talia Pisano stands in her room at Lurie Children's Hospital in Chicago. Talia is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance at having babies of her own some day. CHRISTIAN K. LEE/THE ASSOCIATED PRESS

FERGUSON, MO.

Police, public worried about militia's return

The return of an armed militia group patrolling the streets of Ferguson drew criticism Tuesday from both protesters and the county police chief overseeing security amid ongoing demonstrations marking the anniversary of 18-year-old Michael Brown's shooting death.

St. Louis County Police Chief Jon Belmar said the overnight presence of the Oath Keepers — a group comprised of past and present members of the military and police officers —

wearing camouflage bulletproof vests and openly carrying rifles and pistols along West Florissant Avenue, was "both unnecessary and inflammatory."

The St. Louis suburb was the focus of months of massive protests and sometimes violent unrest last summer after the killing of Brown by a white Ferguson police officer, which sparked a national protest movement and a fierce debate over how police treat minorities.

THE ASSOCIATED PRESS

IN BRIEF

Possible missile fragments found at MH17 crash site

Dutch prosecutors said Tuesday they have found what could be parts of a Buk missile system at the site in eastern Ukraine where Malaysia Airlines Flight 17 crashed last year. This is the first time prosecutors have confirmed possible physical evidence of a missile bringing down the plane and killing all 298 passengers.

Amnesty approves policy to decriminalize sex trade

Amnesty International ap-

Giving children a shot at fertility

HEALTH

More than 30 babies have been born via tissue-freezing

Barely two years old, Talia Pisano is getting tough treatment for kidney cancer that spread to her brain. She's also getting a chance to have babies of her own someday.

To battle infertility sometimes caused by cancer treatment, some children's hospitals are trying a futuristic approach: removing and freezing immature ovaries and testes tissue, with hopes of being able to put it back when patients reach adulthood.

It has worked in adults, with more than 30 babies having been born to women who had ovarian tissue removed in adulthood, frozen, and put back after treatment for cancer or other conditions.

But the procedures are still experimental in pre-pubescent children. There are challenges to making immature eggs and sperm from removed tissue suitable for conception.

Still, fertility researchers hope to refine the science while the first set of children whose tissue has been frozen grows up.

Families like Talia's are clinging to that optimism. The dark-eyed toddler who loves princesses and play-dough had an ovary removed and frozen in April. She was treated for kidney cancer last year but when it spread, doctors started harsher treatment including brain radiation.

"It seemed very new and pretty amazing that we can do something like this and help her in a bigger way," said her mom, Maria Pisano, of Griffith, Ind.

"It definitely brought some peace" and raised hope for Talia's future, Pisano said.

Doctors face a delicate balance in broaching the idea of yet another medical procedure when families have been hit with a horrible diagnosis and difficult treatment plan. The tissue-removing surgeries are typically done while a child is being sedated for another reason.

"We try to be thoughtful about the fact that their main focus and ours is on the survival of the child," said Dr. Erin Rowell, a surgeon at Chicago's Lurie Children's Hospital, where Talia is being treated.

"That often is the one piece of information that gives them a glimmer of hope," she said.

A baby boy in Belgium makes scientists think they're on the right track. He was born to a woman who at age 13 had ovarian tissue removed before undergoing harsh treatment for sickle cell anemia. Doctors believe she had signs of puberty when the

tissue was frozen, according to a recent medical journal report. Ten years later the tissue was thawed and was grafted onto her remaining ovary. She gave birth last November.

She is the youngest person to date to have had success. Although her eggs were likely more mature than those of prepubescent girls, the results are "super exciting," said Dr. Jill Ginsberg of Children's Hospital of Philadelphia, a pioneer in the field.

Maria Pisano, Talia's mother

Dr. John Lantos, bioethics chief at Children's Mercy Hospital in Kansas City, Mo., says offering children the experimental fertility-preserving procedures poses no ethical issues "as long as there's informed consent."

After the tissue is removed, some is stored in liquid nitrogen for the patient's future use and some is sent to a central research lab at Northwestern University in Chicago, where scientists are studying ways to make it work.

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Mikey Richert, 10, plays a video game at his home in North Brunswick, N.J. Mikey was diagnosed with a brain tumour.

MEL EVANS/THE ASSOCIATED PRESS

CALIFORNIA

Residents evacuate as new wildfire erupts

For the second time in as many weeks, residents had to evacuate their homes after a new wildfire erupted near a destructive blaze that has been burning for days in Northern California's rocky hills north of San Francisco.

The new blaze, which erupted Sunday several miles away from the community of Lower Lake, had burned 23 square kilometres by Monday, the California Department of Forestry and Fire Protection said.

Evacuations were ordered after

the fire doubled in size overnight.

Authorities couldn't say how many homes were evacuated or how many people were told to be prepared to flee. The fire was burning about 160 kilometres north of San Francisco.

Meanwhile, firefighters have nearly surrounded the larger blaze that started about two weeks ago and burned 280 square kilometres.

That fire destroyed 43 homes, but all evacuations have been lifted.

THE ASSOCIATED PRESS



A police officer and security guards stand at the main gate to the Sendai Nuclear Power Station as No. 1 and No. 2 reactors loom in the background in southern Japan on Tuesday.

HIROKO HARIMA/KYODO NEWS/THE ASSOCIATED PRESS

IN BRIEF

Two men sentenced for Indo-Pakistani war crimes

A war-crimes tribunal in Bangladesh has sentenced one man to death and another to life in prison for collaborating with Pakistan to commit mass killings and other crimes during the 1971 war for independence.

Sheikh Sirajul Islam and Khan Akram Hossain faced charges including killing up to 700 civilians during the war.

THE ASSOCIATED PRESS

UN office decries jail time for insulting Thai royalty

The office of the UN High Commissioner for Human Rights says it is appalled at the long prison sentences given to people convicted in Thailand of insulting the monarchy and is calling for the immediate release of all people jailed for exercising freedom of expression.

Its statement comes just four days after Thai military courts in separate cases gave prison sentences of 30 and 28 years, respectively, to a man and a woman for posting messages on Facebook found to have violated the "lese majeste" law.

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AUSTRALIA

91-year-old accused of soapy smuggling

A 91-year-old retired surgeon has been charged with importing cocaine hidden in soap into Australia, prompting police to warn travellers to ensure they are not tricked into becoming drug mules.

Victor Twartz, of Sydney, was released on bail when he appeared in Sydney's Downing Center Local Court charged with importing a commercial quantity of cocaine last month. He did not enter a plea and will appear in court next on Oct. 6.

The retired oral surgeon faces a potential life prison sentence if he is convicted of importing 4.5 kilograms of the drug into Sydney Airport on a July 8 flight from New Delhi.

A search of Twartz's luggage found 27 packages of soap that tested positive for cocaine, police said.

Police say it appears that Twartz was scammed by a group of people he had befriended online before his trip. Australian Federal Police organized-crime commander David Stewart de-

clined to say whether Twartz had been promised anything by the group but said he had been in contact with them over several months.

Police were tipped off by Twartz's family about the email exchanges but did not stop him from leaving Australia, Stewart said.

"There is certainly some evidence to suggest that this man was legitimately scammed by this group and exploited," Stewart told reporters. "There were warnings issued to him about his activities both here and overseas ... but you can only provide people with certain warnings. At the end of the day, they'll make their own choices."

Twartz told Australian Broadcasting Corp. that he met people in New Delhi whom he had befriended online. As he was about to board his plane to return to Sydney, he was handed a bag that he was told contained gifts for someone in Australia, he said.

THE ASSOCIATED PRESS

There is certainly some evidence to suggest that this man was legitimately scammed.

David Stewart of Australian Federal Police

Japan reboots nuclear reactor

POWER STATION

Majority of citizens fearful of plant's safety effectiveness

A power plant operator in southern Japan restarted a nuclear reactor on Tuesday, the first to begin operating under new safety requirements following the Fukushima disaster.

Kyushu Electric Power Co. said Tuesday it had restarted the No. 1 reactor at its Sendai nuclear plant as planned. The restart marks Japan's return to nuclear energy 4.5 years after the 2011 meltdowns at the Fukushima Dai-ichi nuclear power plant in northeastern Japan following an earthquake and tsunami.

The national broadcaster NHK showed plant workers in the control room as they turned the reactor back on. Tomomitsu Sakata, a spokesman for Kyushu Electric Power, said the reactor

was put back online without any problems.

The Fukushima disaster displaced more than 100,000 people due to radioactive contamination and spurred a national debate over this resource-scarce country's reliance on nuclear power.

A majority of Japanese oppose the return to nuclear energy. Dozens of protesters, including former prime minister Naoto Kan, who was in office at the time of the disaster and has become an outspoken critic of nuclear power, were gathered outside the plant as police stood guard.

"Accidents are unpredictable; that's why they happen. And certainly not all the necessary precautions for such accidents have been taken here," Kan shouted to the crowd of about 300 people.

The Nuclear Regulation Authority affirmed the safety of the Sendai reactor and another one at the plant last September under stricter safety rules imposed after the 1986 accident, the worst since the 1986



Certainly not all the necessary precautions for such accidents have been taken.

Former PM Naoto Kan

Chornobyl explosion.

The Sendai No. 1 reactor is scheduled to start generating power Friday and reach full capacity next month. The second Sendai reactor is due to restart in October.

Yoichi Miyazawa, Japan's industry minister, said Tuesday that the government would "put safety first" in resuming use of nuclear power.

Prime Minister Shinzo Abe has sought to have the reactors restarted as soon as possible to help reduce costly reliance on imported oil and gas and alleviate the financial burden on utilities of maintaining the idled plants.

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Greece pledges swift vote to approve bailout deal

ECONOMY

Harsh terms include sale of assets, deep spending cuts

Greece agreed to harsh terms for a new three-year bailout Tuesday and vowed to push it through parliament this week, despite mounting dissent in the ruling left-wing party.

With the country facing the risk of a debt default next week, Prime Minister Alexis Tsipras had sought to speed up the talks and get approval of a deal this week.

After Greece and its creditors reached an accord on the main points on Tuesday, Tsipras called for an emergency session of parliament for a vote late Thursday.

Greece needs to start tapping the new bailout — worth 85 billion euros (\$93 billion US) — so that it can make a key debt repayment next week and secure its future in the euro.

The draft agreement forces Tsipras to accept what he had vowed to resist only months ago: the sale of some state property and deep cuts to pensions, military spending and ending tax credits to people considered vulnerable.

Officials in Athens and the European Union said a few issues were left to be ironed out Tuesday.



A man reads a newspaper outside a shop in the main meat market of the northern Greek port city of Thessaloniki, Tuesday. Greece has agreed on the broad terms of a new three-year bailout package with creditors. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

"We are very close. Two or three very small details remain," Finance Minister Euclid Tsakalotos said as he emerged Tuesday morning from all-night discussions with creditors.

The European Commission, a key negotiator in the talks,

confirmed the progress. Annika Breidthardt, the Commission's spokeswoman for economic affairs, said the details were expected to be cleared up later.

Dissenters in Tsipras' left-wing Syriza party, who want to end bailout talks and return to

a national currency, promised to fight the deal, describing it as a "noose around the neck of the Greek people."

Tsipras requested an end to the summer recess to allow for the two-day approval procedure and to get a vote before a

meeting of eurozone finance ministers on Friday.

The agreement still requires approval from higher-level representatives, and senior finance officials from the 28 EU nations were holding a conference call Tuesday.

Germany, the largest single contributor to Greece's two previous bailouts and among the toughest negotiators so far, remained cautious on the timing for a final deal. "We will have to examine the results that come in the course of today," deputy finance minister Jens Spahn told n-tv television.

Investors cheered the news of progress.

Greece's government borrowing rates fell, a sign investors are less worried about a default. The two-year bond yield dropped by 4.2 percentage points to 14.73 per cent. The Athens Stock Exchange, which reopened recently after being shut for five weeks during the most severe part of Greece's financial crisis closed up 2.1 per cent.

Cash-strapped Greece needs more money by Aug. 20 at the latest, when it has a debt repayment of just over three billion euros to make to the European Central Bank.

The government insisted it has also gained key concessions from lenders: greater control over labour reforms, avoiding a "fire sale" of state assets, and softer deficit targets.

THE ASSOCIATED PRESS

IN BRIEF

Hackers tied to Wall Street insider trading

An international web of hackers and traders was charged by U.S. authorities Tuesday with making \$100 million US by breaking into the computers of business newswire services, reading corporate press releases before they came out, and then trading on that information ahead of the pack on Wall Street.

Nine people in the U.S. and Ukraine were indicted on criminal charges, including securities fraud, computer fraud and conspiracy. And the U.S. Securities and Exchange Commission brought related civil charges against the nine plus 23 other individuals and companies.

The SEC lawsuit lays out a sprawling network of hackers and traders stretching from the U.S. to Russia and Ukraine, France, Malta and Cyprus, all accused of using the stolen advance information to make illegal trades.

THE ASSOCIATED PRESS

market minute

DOLLAR
76.31¢ (-0.61¢)

TSX
14,414.67 (-51.72)

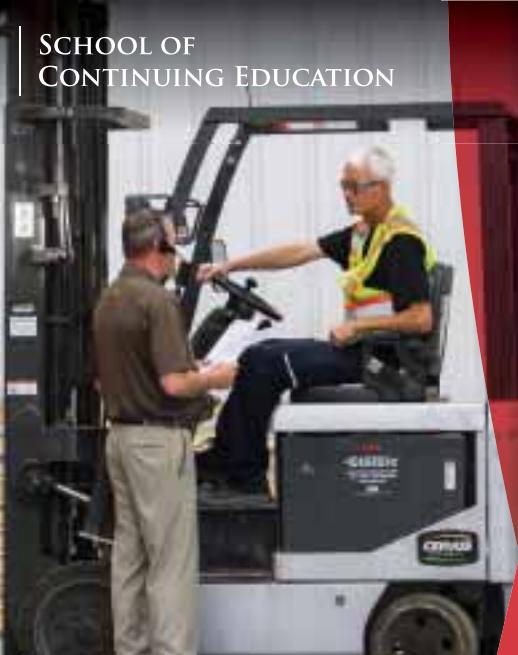
OIL
\$43.08 US (-\$1.88)

GOLD
\$1,107.70 US (+\$3.60)

NATURAL GAS: \$2.844 US (+0.2¢)
DOW JONES: 17,402.84 (-212.33)



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Your essential daily news

Wednesday, August 12, 2015

metro's election explainer

Your candidate can live in Toronto but run in a B.C. riding. What gives?

THE FACTS

Unlike senators, who must reside and own property in the province they represent, members of Parliament have to make their home somewhere in Canada, but not necessarily in the riding or even the province they vote for in the House of Commons. In practice most places elect local candidates. In the U.S., members of the House of Representatives, the equivalent of our House of Commons, must be "inhabitants" of the state they represent, broadly defined. (They

don't have to own property or have lived there for a particular length of time). But for Canadian candidates, it's about who you're for, not where you're from.

Think of a junior hockey team: the players get popular support by playing their hardest for the hometown fans, whether they grew up around the corner from the rink or in a Swedish fishing town.



THE HISTORY

The lack of a residency rule has come in handy for parties looking to seat a new leader. In 1990, Jean Chrétien won leadership of the Liberals — but he wasn't an MP. A Liberal member resigned his Quebec seat and Chrétien won it in a byelection. Green Party Leader Elizabeth May, who is from Cape Breton, N.S., shopped for a riding she could win. She ran in London, Ont. in 2006, in central Nova Scotia in 2008, and finally scored a seat in 2011 in environmentally friendly Saanich—Gulf Islands, B.C.

THE CONTROVERSY?

Canadians haven't balked at voting for candidates who hail from far-flung environs, as long as the party of their choice wins the seat. The most prominent example is the Prime Minister: Though Toronto-born and raised, Stephen Harper's economic conservatism and support of the energy sector put him right at home with voters in Calgary Centre.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON A BREWING BREAKUP



THE QUESTION

After months of flirting with my barista, we finally started dating. Unfortunately, it ended badly. There's nowhere else convenient for me to pick up my morning java. Advice?

sounds of it) dump him, and now you're miffed because his broken heart might inconvenience your morning routine?

OK, perhaps I'm being too hasty. Maybe your heart was broken. Maybe he used and abused you, dragged your tender feelings through the mud and tossed you aside like a soggy coffee filter — limp, stained, your innards suitable only for composting.

But for anyone in such a state, the mere idea of waltzing back into the store would probably be enough to cause a total nervous breakdown. So I'm going to assume here that you were not terribly upset by the breakup, and that he was.

Let me start by saying that it's nobody's fault when a relationship ends. If the romance were meant to be, it would be. Only a fool wants to date someone who's not into them. Only a moral coward dates someone they fundamentally don't want to be with. And

only loathsome busybodies judge other people for ending relationships, whatever their reasons. (As a veteran of all three ridiculous positions, I know whereof I speak.)

The question is, when you say it ended "badly," are we talking about how he felt? Or about how you behaved? It's never going to end well when one person is in love and the other person is not. But it can end on a level playing field, with a shred of dignity intact on both sides, if the breaker-upper is honest about their feelings and intentions.

If you broke up fair and square with this person, you have nothing to be ashamed of. Hold your head high, sally forth into your 'Bucks and order your coffee with impunity. If your appearance is going to cause real pain to your ex, you might consider going without your morning java for at least a few weeks out of consideration for another

If you broke up fair and square with this person ... hold your head high and order your coffee with impunity.

human being's feelings. (And if you're serious about the coworkers adding extra-special ingredients to your brew, then, yes, do avoid the place completely.)

But if you behaved badly, dishonestly, cavalierly or disrespectfully before, during or after the breakup, I have to tell you that etiquette dictates total self-banishment from your local Starbucks. As a misguided relationship ruffian, you will have to get your (presumably iced) coffee elsewhere for the foreseeable future.

Need advice? Email Ellen
scene@metronews.ca

Dear Ellen,

After several months of flirting with a barista at my local Starbucks, we finally started dating. Unfortunately, it ended badly. I'm not upset about the breakup. The problem is, I'm now afraid to go into the coffee shop — partly out of fear of running into my ex, partly out of fear that his co-workers will be rude or do something to my drink.

The problem is, there's nowhere else convenient for me to pick up my morning java. Advice?

D.L., Winnipeg

Dear D.L.,

I must say, you are one cool customer. You flirt for months with some poor chump who's slaving over a steamy espresso maker, finally take him out a few times, then (by the

ROSEMARY WESTWOOD



metrview

Nothing's strange about seeking sanctuary in a church

fort. Sometimes, that comfort is small.

Sometimes it's vast. On Sunday, I entered sunken, and I left elated, lifted.

Everyone at the barbecue knew I'd gone to mass — the host and hostess, a couple I don't know well, other friends — and when I got back, no one blinked.

"How was mass?" they asked, and I told them about the singing. "Do you feel better?" one friend asked.

Immensely.

On Sunday, I entered sunken, and I left elated, lifted.

I arrived just as the sausages and chicken skewers came off the grill and onto a table crowded with salads, corn and fresh olive bread.

It wasn't long ago that I realized my friends don't just respect my faith. To a degree, they understand it.

They understand the impulse for comfort. The impulse for calm.

It surprised me the first time one of them suggested, when I was having a bad day, "You should go to church." Sometimes, it still does.

Then I remind myself there's nothing strange about it. Who couldn't use a sanctuary?

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"Every night I light a candle that he stays in the race until Sept. 8. But I also hope that nobody gets that candle too close to his hair."

- Stephen Colbert, on Donald Trump's presidential bid

Street food is ancient history

DINING ON-THE-GO

Grabbing lunch at the taco stand? The Romans did easy eats first

Grabbing something hot and tasty on the move? You have the ancient Romans to thank. "Street food" was their invention, generally enjoyed with wine, gambling or even prostitutes.

Food on the go was an integral part of daily life in the empire, from nibbling on salted peas while watching gladiators battle in the Colosseum, to grabbing a sausage or fried fish snack after a dip in Rome's famed baths.

Feeding an empire of some 50 million people was no mean feat, as an exhibition in the Italian capital sets out to show in conjunction with Milan's 2015 Universal Exhibition on the themes of food and agriculture, running until the end of October.

Food scarcity could trigger uprisings or even topple leaders, a risk Emperor Augustus (63 BC to 14 AD) was unwilling to take. He made

importing wheat, oil, wine and other foodstuffs a top priority, changing the face of Roman dining.

Breakfast of Romans

A typical day kicked off with the *jentaculum*, or breakfast — salted bread, dried fruit and eggs washed down with milk or wine.

That was followed by a quick *prandium*, or lunch, grabbed at the *thermopolia* — forerunners of fast food restaurants — or *papiae*, wine bars frequented by the lower classes where customers could grab a bite, dabble in a bit of gambling, or pop upstairs for some sex.

Dining on peacock tongues

Following an afternoon's work or session at the thermal baths, the rich would throw sumptuous banquets, dining on anything from peacock tongues to baked dormice.

The rest of the population supped on fresh vegetables, stews and, occasionally, meat.

"The logistics deployed by the

Romans to feed themselves is fascinating," said Orietta Rossini, curator of the *Ara Pacis* exhibition, emphasizing how hard it was to keep happy a capital of one million people — the biggest in history before the industrial revolution hit London.

The key lay in turning conquered Egypt into the empire's granary and ensuring wheat was transported cheaply to Rome all year round.

Our daily bread

Private shipowners would carry up to 500 tonnes of wheat between Alexandria and Rome under the strict supervision of the state in an early example of today's partnerships between the private and public sectors, Rossini said.

This made the emperor "the sole distributor of daily bread, the only one responsible for the supply of provisions." Augustus boosted his popularity by distributing 35

EMPERORS' VEG

Asparagus for Augustus



The wealthy may have gone out of the way to impress with exotic dishes, but the Roman empire's leaders were fond above all of fruit and vegetables: Emperor "Tiberius loved cucumber, while Augustus loved asparagus," exhibition curator Orietta Rossini said.

kilos of wheat a month free to 20,000 citizens — free men over 17 years old.

Egypt's role was

later passed on to the empire's African provinces, with grain shipped from Carthage in Tunisia to Rome's Ostia port in just three days and nights. Wine, sold at rock-bottom prices, was also imported, along with oil and meat.

Who gives a fig?

Samples of carbonized foodstuffs discovered during excavations at the ancient town of Herculaneum — destroyed along with Pompeii by the eruption of Mount Vesuvius in AD 79 — are on display at the exhibition, including wizened Roman-era figs.

The much-lauded "Mediterranean diet" began here: broad beans, peas, lentils and onions went in stews, with pine nuts, dates and almonds thrown in. Cumin, coriander, sesame and mint seeds were used to spice up dishes.

The globalization of food-

stuffs seen in today's supermarkets was already in action, with wine imported from Gaul and Cyprus, oil from Andalusia, honey from Greece and prized *garum* — the fermented fish sauce which drove Romans crazy — from Portugal.

Chicken rare as hen's teeth

Food was such an important commodity that Emperor Diocletian, who ruled from 284 to 305, imposed price controls. But some dishes remained beyond the household budget for some — with chicken a particularly expensive and rare treat.

While a baker would on average earn 50 pieces of silver a day, he would have to spend 60 to buy two chickens, 30 for a half a litre of Falernian wine from the Bay of Naples, 12 for 300 grams of pork and four for 25 figs. AFP

COLOSSAL BITS AND BITES

The ancient Romans would snack on salted peas while watching gladiators at the Colosseum.

ISTOCK





These Harissa Bloody Mary pops are deliciously cool on a hot summer's day. HANDOUT

COCKTAILS

These ice pops give summer a delicious boozy kick

Elodie Noel
Metro in New York

Summer heat just begs for a refreshing treat in any form. Well, we had an even better idea: Why not combine the best of the season's fresh fruits and delicious cocktails into a delicious treat. It even comes on a stick.

However, we've got some disappointing news for those of you hoping to get drunk on the sly with one of these healthy ice delights.

"You can't add too much in the way of alcohol to frozen treats as they won't freeze,"

says Morgan Greenhalgh, author of The Drink Blog.

His advice: "While they are kind of fun, I think the most ideal way to enjoy them is by having one and a cocktail on the side."

That's an opinion shared by Jacque Stephens, the blogger behind I Sugar Coat It.

"Popsicles are a refreshingly cool summer treat that appeal to the kid in all of us," she says.

"They evoke such wonderful childhood memories. As an adult, pairing them with a favourite alcoholic drink really creates the best of both worlds."

Molly Yeh, founder of the aptly named food blog My Name Is Yeh, particularly enjoys the aspect of eating your alcohol slowly, nibble by nibble.

"For someone with a low tolerance, it's probably good that brain freeze stands in

RECIPE

Harissa Bloody Mary Pops

Tomatoes don't get any fresher than in August.

These ice pops have the signature salty spiciness of a Bloody Mary, which can be a bit odd at first, but they are refreshing, healthy and give you just the right amount of buzz to make dessert extra fun.

Ingredients:

- 2 cups tomato juice
- 1/2 cup vodka
- 2 cloves garlic, smashed
- 3/4 tsp celery salt

the way of me accidentally having my drink too quickly."

So get to the farmer's market, bring that lovely produce home and turn it into some-

- 1/2 tsp sugar
- 1/2 tsp harissa powder
- 3/4 tsp Worcestershire sauce
- A squeeze of lime juice
- A few turns of black pepper

Directions:

Whisk all ingredients together. Pour into popsicle moulds or 3-oz Dixie cups. Freeze for 20 minutes. Insert popsicle sticks and freeze for two more hours. Serve with celery stalks (and an extra vodka shot) and enjoy!

thing beautiful and delicious.

And here's a sweet tip: To get the pops out easily, place frozen moulds under warm running water.

MULTI-COOKER

A doodad worth making space for

WORD OF MOUTH
Theresa Albert
myfriendinfood.com

I am the lucky recipient of all kinds of whack for my kitchen, but, given that it is small and I am a not a fan of countertop doodads, I am very selective.

I had to be talked into trying out the new-to-the-market Philips multi-cooker and the logic went like this: it replaces your steamer, slow cooker and rice maker.

Plus, it can bake and make yogurt. Yeah right, says my inner skeptic.

Well, in the last 24 hours, I have used it to make chicken cacciatore, bake a dark chocolate blueberry chia cake, and steam a head of kale. I am about to make yogurt, just for fun and because organic milk was on sale.

The difference between this appliance and a slow cooker is its range of temperatures.

You need a very high and quick heat to sauté the onions and celery for the soups and



stews but a low heat to coddle milk for yogurt.

You need even heat with steam evaporation to bake.

I have given away my other appliances, switched around my kitchen countertop to accommodate and I am looking for other applications for such a useful, multi-purpose tool.

• At the cottage or on the boat. This multi-cooker allows you to walk away and spend all day and it won't heat up the cabin like an oven would.

• At university, where time

and money are tight and it's an opportunity to avoid crap food.

• For seniors who may want to batch cook and freeze food on sale but don't want to be in the kitchen cleaning dishes. (Like my mom, whose birthday it is today!)

Word on the street is that we are indeed making healthier choices and trying to cook at home.

The learning curve here is minimal and the benefits massive. That ought to help.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



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The two most common varieties of zucchini are green and yellow. FOODLAND ONTARIO/THE CANADIAN PRESS/HANDOUT

A zucchini dish for every palate

IN SEASON

This versatile veggie is a healthful add to any meal

If you don't know someone who's trying to give away zucchini right now, you probably don't know anyone who is growing it.

This summer squash grows easily and in great abundance, and if it's not picked when it's relatively small — 15 to 20 centimetre — an individual zucchini can grow as big as your arm. And the thing is, the big ones are just as edible as the little ones, although they may be a little more fibrous.

Fortunately, there is almost no end to the culinary uses of zucchini.

"It grows so prolifically that when people had a lot of it, they got very inventive with what they would do with it," says Yvonne

Tremblay, a freelance recipe developer, food stylist and cookbook author from Mississauga, Ont. She always cooks zucchini and cites classic dishes such as ratatouille (a traditional Provençal stew of eggplant, zucchini, onion, tomato and peppers) or grilled summer vegetable medleys among her favourite uses. It's also great in soups.

But zucchini is equally good raw — shredded into slaw, sliced into green salads, eaten as a solo snack or as part of a crudités platter with dip.

It can also be made into jams, relishes and pickles, can be used

SWELL SQUASH
ZUCCHINI HAS JUST 16 CALORIES PER 100 GRAMS. IT ALSO HAS ANTIOXIDANT PROPERTIES AND IS A GOOD SOURCE OF VITAMINS A AND C.

as a substitute for pasta, can be cooked into lasagna or omelettes, used as a pizza topping, baked into chips or hollowed out and stuffed with almost anything from a mushroom mixture to cheese, meats, other vegetables or bread crumb mixtures.

Before stuffing a zucchini to be baked, the hollowed-out shell should be slightly baked on its own, cut side down, to eliminate some of the moisture content, Tremblay advises.

It lends itself equally well as an ingredient in desserts, including cakes, cookies, chocolate brownies and endless varieties of bread or sweet loaf.

What makes zucchini so versatile is its mild taste. Some might even call it bland. But this makes it receptive to combinations with an endless selection of other foods. Zucchini is classed as a summer squash partly because it is available earlier in the growing season than most squashes but also because it is fairly fragile and cannot be stored for long periods. THE CANADIAN PRESS

ITALIAN WINE

Pairing grape and grill

LIQUID ASSETS

Peter Rockwell
@therealwineguy

If I asked you to name a country famous for barbecue, would you say Italy? I didn't think so. That hasn't stopped the Italians from making a plethora of wines that match perfectly with grilled grub. To spotlight a few: there's the cherry goodness of a Chianti from Tuscany, the meaty muscle of an Aglianico-based red from Campania and, of course, the juicy berry fruit that's squeezed out of Veneto's Valpolicella.

While a light, traditional Valpolicella will charm the char off almost anything barbecued, its ripasso version is a weightier foil for heavier meat dishes. Masi invented the ripasso process, introducing its Campofiorin (\$17.95-\$20.49) to the world 50 years ago and the 2011 vintage celebrates that accomplishment.



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THE AUTO CENTRE AT THE BAY DOWNTOWN

SPONSORED CONTENT

Auto Centre at The Bay: Good to our community

The staff at the Auto Centre at The Bay have big hearts. Over the past few years, the company has donated to charities including the Salvation Army, a Christian organization that helps those poverty, and Sunshine House, a community drop-in centre focusing on harm reduction.

"It's good to put something back in the community," says Mike Timlick, the centre's owner.

In September and October 2015 the Auto Centre at The Bay is donating \$3 from every oil change to the West Broadway Community Centre food bank. In the past the auto centre held similar fundraisers and raised around \$500 both times. The Auto Centre at The Bay also donated repairs to the Sunshine House's car. For Timlick, helping the charities was a no brainer.

"It's good to have an opportunity to help. We can and that's why we do it."

The company's good will has also created a more positive environment for the employees.

"The guys are proud that we're doing it. It makes you feel good."

The auto centre is also environmentally



CONTRIBUTED

friendly. "We recycle everything," Timlick says. "We recycle all of our fluids — oil, anti-freeze." The centre also recycles all the paper and metals. "We don't throw too much out."

To help our cold community out even more, the Auto Centre at The Bay is part of the Winter Tire Program, which offers low-interest financing to eligible Manitobans.



Content Solutions

Throw one's cast up in Horror

Details have been scarce about the new season of American Horror Story, but at the Television Critics Association tour, the stars gave brief summaries of who they are playing LISA WEIDENFELD/METRO IN HOLLYWOOD

Angela Bassett

"I have a strong, lasting relationship with Stefani's character, so I'm sure I'll be at odds with Donovan over who gets the girl. I'm also a fabulous actor."



Denis O'Hare

"I'm playing Liz Taylor, movie icon. And I'm not actually playing Elizabeth Taylor, but I'm playing a person who is impressed by the awesomeness of things like Butterfield 8 and Cleopatra. I shaved my head for the part and... other body parts."



Cheyenne Jackson

"I'm playing Will Drake, fashion icon. He's trying to creatively reestablish himself, so he moves from N.Y. to L.A., is a father, and a little desperate."



Chloë Sevigny

"I play Alex Lowell and I play the wife of Wes Bentley and a mother and a doctor and am dealing with a great loss in our family."



Ryan Murphy on Lady Gaga's character

"Her character name is Elizabeth. She owns the hotel. She's sort of a very wealthy social doyenne who is consumed with art and fashion and people and she has a nefarious plan that is revealed in the first episode that plays out over the course of the season."



Finn Wittrock

"I'm playing a male model named Tristan Duffy who's sort of always looking for the next high and I think sort of finds the biggest high in Lady Gaga and we have a lot to do together. She sees all of me."



CONTRIBUTED

NEW BROADCAST SERIES

How to feel like a Supergirl

Lisa Weidenfeld
For Metro

Playing a nearly invincible superhero might sound like a big task to take on, but Melissa Benoist, who takes on the title role in CBS's new Supergirl, felt up to the challenge.

"I think the second that I saw in my email, 'Supergirl,' I just knew that it was something exciting and rare that I wanted to be part of," said Benoist, speaking at the panel for the show at the Television Critics Association press tour.

"Melissa was the very first person we saw for Kara (Supergirl). As soon as we saw her, we just knew she was the one. She had the strength, the hope, the heart, the humour," explained Andrew Kreisberg, one of the show's executive producers.

But Benoist's Supergirl isn't totally unstoppable.

"It was important for us, especially to have a weekly TV show, to put her in situations where she isn't all powerful, so you can root for her," said Kreisberg. "You want to feel like Supergirl might not survive any of these things."

Taking on a character with decades of history in comic books means there's quite a



Melissa Benoist plays the lead in CBS's Supergirl. CONTRIBUTED



Her bravery and strength were so intrinsic ... I needed to feel that myself.

Melissa Benoist

lot of backstory to draw from, and Benoist said there were a few things she tried to keep in mind in taking on the part.

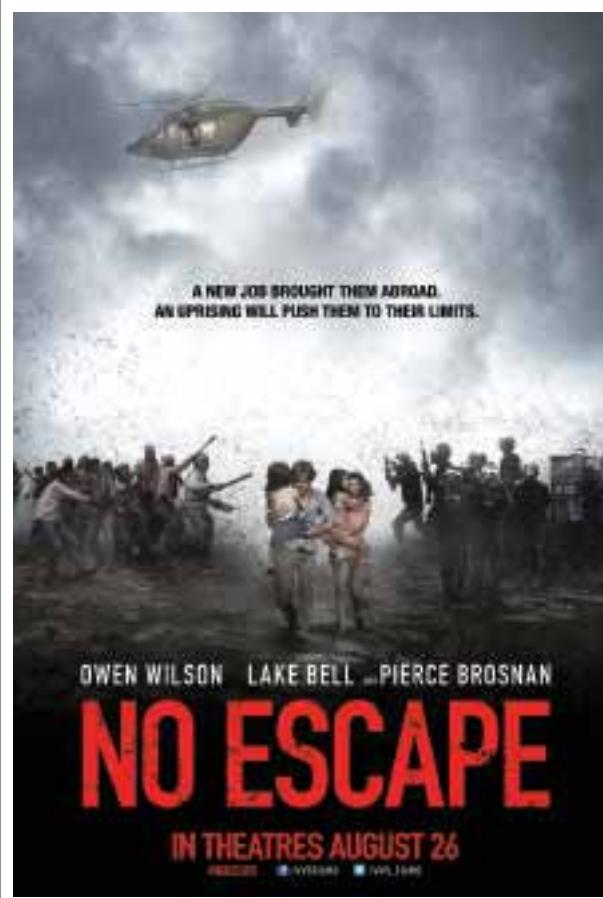
"I just knew that she's such a beacon of hope. And I knew that her bravery and strength were so intrinsic to who she is — I needed to feel that myself

in order to play that."

Don't expect Supergirl's cousin Clark Kent to be popping up, however. "He will be a factor in her life, but you won't see him exactly on screen. He's going to be more in the background. But he does play a part in her evolution of becoming a superhero," said Geoff Johns, Chief Creative Officer at DC Entertainment.

Co-star Calista Flockhart, who plays Kara's Devil Wears Prada-type boss, Kat, did have one good idea about how to get him on the show.

"I think it would be a really good idea if Kat becomes romantically involved with Superman," she suggested.



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Your essential daily news

Tesla says hackers 'a community that we want to be part of' to defend high-tech cars

New Maxima flaunts size, sizzle



THE CHECKLIST | 2016 NISSAN MAXIMA

THE BASICS

Type. Full-size, four-door, FWD sedan
Power. 300-hp 3.5-litre V6
Transmission. CVT automatic
Price. Base \$35,900 (plus destination)

NOTABLE FEATURES

- Driver Attention Alert system alerts driver when drowsy and/or inattentive
- Around View Monitor with moving object detection
- NASA-inspired "Zero Gravity" seats for initial softness and long-term comfort



POINTS

- No "stand-alone" options, just four distinct trim lines — SV, SL, SR, Platinum — each with distinct features and personalities
- Increased fuel efficiency through lightness and underbelly aerodynamics
- Exterior design channels the vibe of the cockpit of an aircraft jet fighter

MARKET POSITION

- Largest sedan in the Nissan portfolio, historically pitched as the "Four-door Sports Car"
- Prime target is Generation X, 45-year-old father striving for good work-life balance
- Positioned in "progressive premium" subset of large-car segment

THE COMPETITION



Chrysler 300
Base price: \$38,159



Ford Taurus
Base price: \$28,284



Toyota Avalon
Base price: \$38,185

DRIVING FORCE

Cleaning up highway debris a co-ordinated effort

Jill McIntosh
For Metro

If something can go in or on a truck or trailer, then it can also fall off it. That can pose a serious hazard to other motorists, but it can be just as dangerous for the crews whose job it is to clean the highway up.

"It's really about traffic control, and then picking up the object after the traffic is controlled," says Bob Doupe, maintenance superintendent for the

Ministry of Transportation's office in Whitby, Ont. "It's done in a manner that's also safer for the travelling public."

Cleanup crews go out in a pickup truck to retrieve objects. On a smaller highway, it's often enough to put out a sign warning of road work ahead.

But on a multi-lane highway, there must also be a crash truck. In addition to its flashing lights and directional arrow, it also has a crash attenuator, which sticks out the back and absorbs energy if a vehicle runs into it. This happens with surpris-

ing frequency. "Being in those crash trucks is a dangerous job," Doupe says.

The crash truck diverts traffic out of the lane so the crew can pick up the debris. The operation always starts at the shoulder, so cars can only pass the crew on one side. If the item is in a middle lane, extra crash trucks or police officers will be called in to close successive lanes,

starting at the shoulder.

If it's too far out from the shoulder, or if the debris covers too many lanes, the crash trucks and police will initiate a "rolling stop." Starting well ahead of the problem, they'll block all lanes by driving very slowly and keeping traffic behind them until the crew has the mess cleaned up.

This can present a problem, Doupe says, when drivers at the

SLOW YOUR ROLL
When you see a cleanup crew, slow down, obey the arrows, and give workers plenty of room for safety.

back of the jam finally get to the trouble spot. They don't see the debris that's been cleaned up, and think that workers have closed the highway for nothing. "Sometimes they'll throw stuff at the crew, in addition to the insults," he says.

If you see debris on the road, call the police, who will alert the cleanup crews. And if something falls off your vehicle, never run into traffic to pick it up. People have been killed doing that, even when objects are close to the shoulder, so call for help and wait for the crew to show up.



A crash truck diverts traffic on the highway so crews can clean up debris.

JILL MCINTOSH/FOR METRO

REVIEW

Nissan makes a strong case for the large car

Mike Goetz
Metro | Canada

Cars are losing favour to crossovers, and none more so than the big sedans from the mass-market brands. Sales have shrunk considerably.

So when it came time to build another all-new Maxima, Nissan could have gone a number of ways, anything from totally reinventing it to appeal to a different and larger crowd, to maybe not even making another Maxima, and letting Altima and Infiniti Q50 cover the territory, which they somewhat do already.

In the end, Nissan chose an interesting strategy. This 2016 Maxima is much like previous generations, in that it's still big, still V6-only powered, and still only front-wheel drive, in an era where everything new now seems to go with turbo fours and some kind of AWD system. But it's changed, too — with dramatic styling inside and out, and with some new and meaty and interesting technologies, all of which conspire to give the car an appealing "over-engineered" vibe.

An abbreviated list of some of the new engineering bits include the first use of 1.2GPa high-strength steel in a Nissan sedan, a new-generation CVT (transmission) that feels very much like a geared transmission; an Active Noise Cancellation system to

quell bad noises and an Active Sound Enhancement system to enhance good noises; and Drive Attention Alert, which learns a driver's steering patterns to determine deviations and warns drivers of their possible weariness behind the wheel.

I was fresh and juiced up on caffeine when I had my first fling with this new Maxima, so the Alert system's Coffee Cup icon didn't light up in the gauge cluster. All models have a "Sport" and "Normal" drive-model selector to sharpen steering and shift points, but our tester was the SR model, which also enlists active braking and suspension to help the sporting cause.

No question this is a fast car, a fun car to control behind the wheel, and a deserving descendant to the Maxima's legacy as the "four-door sports car."

The seating and driving position could hardly be better. A new aspect of the intriguing interior design is to tilt the console seven degrees toward the driver (as in the Nissan GT-R).

The interface has a new touch-screen panel that responds to finger-swiping, and a new controller with some added features. Everything works intuitively, though you always take a second or so to decide which way to go — touchscreen or controller.

The back seat is absolutely great and voluminous for two. Three can go back there, but the middle person will kvetch.

Not sure any large sedan will keep people from running to the crossovers, but the 2016 Maxima is a wonderful car and will reward those who remain faithful to the genre.

Malibu sheds some pounds

REDESIGN

Chevrolet's 'strength training program' rids 150 kg

The next-generation Chevrolet Malibu midsize sedan will have more interior space and close to 150 kilograms less than the current model, the company says. The 2016 Malibu is expected to go on sale before the end of this year. Parent company General Motors says its engineers aggressively addressed two of the current car's main deficiencies, namely its cramped back seat and high weight compared to competing vehicles. The Malibu will be built on an entirely new chassis with nearly 10 centimetres more distance between the front and rear wheels. Combined with the lighter weight of the vehicle, the ride and handling should improve. Chevrolet engineers put the new Malibu "on a strength training program, making it sweat out a pound here and a gram there."



TEXT AND IMAGES BY WHEELBASE MEDIA

BATTERY PACKS

Energy storage in Mercedes-Benz's future

MERCEDES-BENZ PLANS
Mercedes-Benz plans to enter the energy storage business, saying it has been testing lithium-ion battery packs for light industrial, commercial and home applications.

The individual battery packs can be "stacked" or combined to provide more storage capacity for a given site.

Through its ACCUmobile subsidiary formed in 2009, Mercedes-Benz — itself a subsidiary of German

industrial giant Daimler — has reportedly already delivered more than 60,000 lithium-ion cells to customers.

The possibility of Daimler jumping into the energy-storage market, relatively soon after California electric vehicle startup Tesla's move into home storage, indicates just how big a business energy storage could become over the next few years, suggests alternate vehicle website Green Car Reports.



POWER

Solar bike path shows promise

Dutch company SolaRoad reports that a 70-metre test section of bike path embedded with solar panels near Amsterdam is producing more power than was originally expected. The bike path has already generated 3,000 kilowatt hours of electricity, enough to power a single-person Dutch household for a year. SolaRoad has ambitious plans for its concept, envisioning solar roads as not only a way to generate power, but also a real-time mechanism to monitor traffic using embedded sensors, and to possibly guide self-driving cars. SolaRoad reportedly built the demo bike path at a cost of \$3.7 million US.

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A TOURIST IN YOUR OWN BACKYARD



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FortWhyte Alive, Winnipeg's environmental, education and recreation center, offers you the chance to be a tourist in your own backyard while learning about the rich history of Manitoba through its fun and educational Ecotours.

FortWhyte boasts a herd of 40 bison, the largest land animals in North America, though the number you'll see during their hour-long Bison Safari is, of course, up to the bison themselves.

"The bison really set the pace for the tour," says Kalyn Murdoch, Group Services Coordinator for FortWhyte Alive.

"They tend to let us get up really close. We have a 40-acre pasture and we try to have the herd be as wild and natural as possible, while balancing that with avoiding any unnecessary suffering. They seem to be really comfortable with the bus coming in so we've had really positive experiences with the bison in the past."

While the Bison Safari gives you the chance to encounter these magnificent creatures up close, *A Prairie Legacy: The Bison and its People*, explores the bison's historic relationship with human beings.

"That tour focuses more on the human aspect of it; the different peoples who lived on the Prairie and their connection to the bison and the way that the animal impacted early life on the prairies," Murdoch explains.

During the three-hour Prairie Legacy tour, you'll discover how bison influenced the history of Manitoba and the lives of Aboriginals, Métis and Pioneers.

The tour includes visits to a Plains Cree tipi, a one-room pioneer sod house and a Red River Cart before embarking on a Voyageur canoe trip that ends with a fire-side sampling of wild bush tea, made from ingredients harvested on site.

"My favourite is a mix of Labrador, wild mint and rose hip," Murdoch admits, adding the group then roasts bannock, a traditional flatbread, over the fire.

FortWhyte Alive's Ecotours take place year round (though are modified in the colder months) and are open to all ages.

For more information or to book a tour, visit fortwhyte.org/ecotours or contact Kalyn Murdoch at (204) 989-8355 ext. 210 or kmurdock@fortwhyte.org.

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Duration: 3 hours | \$40 per person

Bison Safaris

See North America's largest land animal, the bison, and learn how this magnificent beast has shaped Manitoba's history. Hop aboard our 30-passenger bus where a knowledgeable guide will take you inside the bison prairie for an up-close encounter. Be sure to bring your camera!

Duration: 1 hour | Adults: \$15 Child: \$15 Members: 25% off adult fare

Tours run throughout August and September—visit fortwhyte.org/ecotours for dates and times.

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HUMAN. NATURE.



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Legendary Magna Carta showcased at CMHR

One of the world's most famous historic charters, the legendary Magna Carta, is being showcased at the Canadian Museum for Human Rights (CMHR) for a limited time, from August 15 to September 18.

"Magna Carta – Law, Liberty and Legacy" is a national travelling exhibition celebrating the 800th anniversary of the historic document that laid the foundation for basic principles of democracy and human rights. Magna Carta and its companion "Charter of the Forest" — on loan from Durham Cathedral in the United Kingdom — are exhibited in a setting that recreates King John's tent at Runnymede (a field in England where Magna Carta was sealed). The exhibition also includes life-sized representations of the King, Barons and Commoners, and interactive elements such as a huge 3D globe.

Visitors to the Winnipeg leg of the tour will experience even more. The CMHR has developed its own unique exhibit component, called "Canada's Magna Carta: Meanings and Misconceptions", exploring Canada's own constitutional documents and their connection to rights and freedoms, including Indigenous

rights. A stone from Runnymede, gifted to the CMHR by Queen Elizabeth II during a 2010 visit to Winnipeg, is also on display. Family activities with a giant chess board, medieval costumes and calligraphy make the past come alive.

"This unprecedented collection creates a rare opportunity for our visitors to view documents that have shaped the course of legal and constitutional history in the United Kingdom, Canada and beyond," said CMHR interim president and CEO Gail Stephens. "Our country's unique story of rights and freedoms can be tracked in the evolution of these laws."

Foundational Canadian documents that have influenced our understanding of human rights, including the Royal Proclamation of 1763 and the Proclamation of the Constitution Act of 1982 are also currently on display in the Museum, on loan from Library and Archives Canada.

This fascinating travelling exhibition is one more reason to visit Canada's newest national Museum this summer. A special exhibition fee will be charged in addition to regular gallery admission fees. See humanrights.ca for details.

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Image © Chapter of Durham Cathedral

WHERE THE FUN IS GLOWIN' ON

U-Puttz Amusement Centre has something for everyone: Golf for everyone two and up, laser tag for everyone six and up and bumper cars for anyone 44" and taller.

Whether you want to swing, aim, spin or bump, you're bound to have a good time. And, the more the merrier.

"It's so much fun for groups, parties, team building etc.," says Ryan Davis who owns and runs U-Puttz with his wife, Michelle. The couple works with a great team, including their son, manager Brennan Davis.

It started as U-Puttz Black Light Miniature Golf in 2007 as a 7,500 sq. ft. facility with 18 holes black light miniature golf, party rooms, a small arcade and canteen. In June of 2014, the facility expanded to 18,000 sq. ft. and changed its name to U-Puttz Amusement Centre.

"We still have the same great 18 hole miniature golf course and added attrac-

tions are RUSH Laser Tag & Krazy Bumper Cars, 50+ games in our redemption arcade and a full hot canteen," says Davis.

Customer service is key to their success. "We pride ourselves in ensuring that staff know their product and all customers are treated equally and get what they came for 'FUN,'" says Brennan Davis. "We have a great crew of staff members, some of whom have been with U-Puttz for years."

"We are a one stop shop for anyone looking to host a birthday party or event," says Wade Gillespie, another manager. "The value that we offer in our party package is second to none in the city."

The facility can accommodate up to 200 people and there are loads of activities to keep the kids happy. You can book your party online, over the phone or in person.

"We provide trained staff to ensure parties are looked after from start to finish," says Brennan Davis. "We do everything but



CONTRIBUTED

the cake cause mom's do that best!"

Speaking of food, U-Puttz's hot food canteen features delicious hamburgers, hot dogs, pizza, fries, cotton candy and so

much more.

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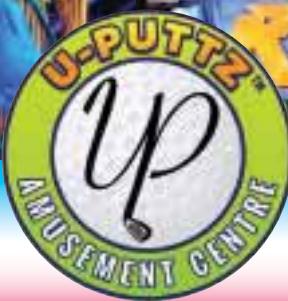
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Moving on without Drew

VIEW FROM THE 300s

Andrew 'Hustler' Paterson

Going into Hamilton last Sunday, it was widely accepted that the Winnipeg Blue Bombers' fate was in the hands of quarterback Drew Willy.

The Ticats crushed the Bombers by 30 points, but the real impact of the loss was felt Tuesday morning when the club confirmed everyone's worst fears by announcing Willy is out six to eight weeks with a tibial plateau fracture and a partial PCL tear in his right knee.

This is not the first time this season the Willy has been knocked out of action. Without Willy the Bombers have been a complete disaster, losing by 26, 29 and 30 points in games he has been unable to finish.

So is the season lost for the Blue and Gold? Maybe.

Here's who will have to step up if the Bombers want to salvage the season and survive without their most important player.

Robert Marve — Marve is the fans' choice as the No. 2 QB, but has been languishing in the third spot on the depth chart behind Brian Brohm all season. But after three miserable relief stints this year, Brohm's time seems to be running out if it hasn't already.

Marve has a strong arm and most importantly is mobile,

BACKGROUND

The Winnipeg Blue Bombers have lost starting quarterback Drew Willy to a serious knee injury.

Coach Mike O'Shea said on Tuesday that Willy will not require surgery.

"It's a setback that's pretty frustrating for him," said O'Shea. "When I talked to him last night he just says the same thing. He wants to be there for his guys. He wants to play and help us win. You always feel pretty badly for the person, y'know?"

"Team wise, it's pro football and you understand that this is something that we're going to go through and we're going to find ways to win and it's going to be exciting for our team."

The Bombers say the recovery is six to eight weeks, although O'Shea it could take longer or shorter than that. THE CANADIAN PRESS

which will help him buy time and evade CFL defences that have been terrorizing Bomber QB's all season. It seems the Bomber coaching staff have wanted to bring Marve along slowly, but there is simply no time for that now. The young QB will be given a chance to sink or swim as there doesn't seem to be any other choice at this point.

Marcel Bellefeuille — The beleaguered offensive co-



The Bombers have been blown out by opponents this season whenever Drew Willy is on the sidelines. PETER POWER/THE CANADIAN PRESS

ordinator will have to simplify the playbook and figure out a way to make the most of Marve's skill set when he gets his chance. Marve is a very different quarterback than Willy and Brohm, and the OC will need to adjust the gameplan accordingly to give him the best chance to succeed. Establishing a consistent running attack will be crucial to the success of the offence regardless of who is behind centre.

Bomber Defence — Richie Hall's defensive unit has had its moments, most recently holding the BC Lions to 13 points in their last home game. With a young, green QB, the onus will be on the Bomber D to step up and keep them in games as the new pivot gets comfortable behind centre. A few more turnovers would go a long way to making winning without Willy realistic.

Mike O'Shea — The head coach has to wear much of the blame for the subpar play of the Bombers' special teams this season. Without a significant improvement in their return and coverage units the rest of this conversation might be moot.

We'll see if any of this is realistic beginning Friday night at IGF when the Bombers host the Toronto Argonauts. Get well soon, Drew.

AT SHAW PARK

Fish bailed out by Alen

The Winnipeg Goldeyes looked all but cooked Tuesday night — then catcher Luis Alen stepped to the dish with two out in the bottom of the ninth and crushed a 1-0 pitch over the wall in left for the game-winning walk-off trot around the bags.

Winnipeg's 3-2 win over the Sioux Falls Canaries snaps a three-game slide and keeps the 34-40 Goldeyes' wild-card playoff hopes alive.

The two-run walk-off likely stings Sioux Falls starter Shawn Blackwell more than

any as the righty was a single out away from a complete game shutout when third baseman R.J. Perucki's error allowed Winnipeg's Casey Haerther to score and Tillman Pugh to reach base before Alen's deep ball heroics.

The 5,000-plus fans at Shaw Park were treated to an old fashioned pitching duel as Winnipeg's Kyle Anderson also carried his club into the late stages of the game, tossing eight complete with the Canaries getting to him with two runs in the first.

DARRIN BAUMING FOR METRO



Drew Hutchison had one of his best starts against the A's on Tuesday. TORSTAR NEWS SERVICE

AT ROGERS CENTRE

Hutch hunkers down for Blue Jays

Jose Bautista hit his 27th home run of the season to back a stellar outing from Drew Hutchison and the Toronto Blue Jays beat the Oakland Athletics 4-2 on Tuesday for their ninth straight victory.

Hutchison (11-2) went seven strong innings, giving up two earned runs while striking out six and walking two. The right-hander, who came into the game with a 5.42 ERA, threw just 82 pitches, 59 for strikes.

Aaron Sanchez pitched a scoreless eighth inning and Roberto

Osuna worked around a one-out double for his 11th save.

Ryan Goins and Justin Smoak had runs batted in for the Blue Jays (62-52), who improved to 17-6 since the all-star break. Chris Colabello had three hits, including two doubles.

Kendall Graveman (6-8), who was traded from the Blue Jays along with Canadian Brett Lawrie for Josh Donaldson, gave up four runs — two earned — on five hits and one walk through 4-2/3 innings. THE CANADIAN PRESS

IN BRIEF

Pospisil keeps Canadian hopes alive in Montreal

There will be no repeat of the 2013 men's Rogers Cup when Canadians Milos Raonic and Vasek Pospisil delighted the Uniprix Stadium crowd by both reaching the semifinals. Pospisil did his part, beating qualifier Lu Yen-Hsun 6-4, 6-3 in a first-round match at the US\$4.1 million event on Tuesday.

But Raonic, in his first action in a month since returning from a pinched nerve in a foot, came out on the wrong end of a 7-6 (1), 7-6 (1) decision against Ivo Karlovic in a battle of towering sluggers.

Vernon, B.C., native Pospisil will try to keep his Rogers Cup going in the second round against American John Isner, the 16th seed who survived a 6-4, 6-7 (6), 6-3 encounter with Benjamin Becker.

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Bouchard crashes out of Rogers Cup in Toronto

Canadian Eugenie Bouchard lost her opening match at the Rogers Cup for the second straight year, though she called this defeat a "step in the right direction."

Bouchard lost to Switzerland's Belinda Bencic 6-0, 5-7, 6-2 Tuesday night on centre court at Aviva Centre. Nevertheless, she was pleased with her performance battling back from an early deficit.

The 21-year-old from Westmount, Que., has now lost her first match in eight of her past 10 WTA tournaments. Bouchard has also dropped 13 of 15 overall.

"It's definitely been a tough road. And I feel like I'm at least not going downwards anymore. I'm trying to go on the right path," Bouchard said.

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Eugenie Bouchard
THE CANADIAN PRESS

Selfie-styled gold medallists

PARAPAN 2015

Prolific Huot, Stilwell stand out on big day

Veteran Canadian Paralympians Michelle Stilwell and Benoit Huot added Parapan Am gold to their already glittering medal collections on Tuesday.

Wheelchair racer Stilwell won the 100-metre T52 race while star swimmer Huot led a Canadian sweep in the men's 400-metre freestyle S10 class.

The two are among Canada's most decorated para-athletes.

At the 2000 Paralympics in Sydney, Stilwell was part of Canada's gold-medal winning wheelchair basketball team.

Eight years later in Beijing, she

won gold in both the 100- and 200-metre wheelchair races. She defended her 200 gold medal in London in 2012 but settled for silver in the 100. She's also a three-time world champion.

Huot has nine Paralympic gold medals along with five silver and five bronze. The native of Longueuil, Que., who has a club foot, edged teammates Isaac Bouckley of Oshawa and Alexander Elliot of Waterloo on Tuesday. The gold could be the first of several medals for Huot, who won six at the 2007 Parapans in Brazil.

"I was excited to race," he said. "The first three days were beginning to feel like a long wait."

Fellow Canadian swimmers



Michelle Stilwell
HANDOUT



Canadian swimmers Benoit Huot, from left to right, Alexander Elliot, and Isaac Bouckley swept the 400-metre freestyle S10 on Tuesday night. DARREN CALABRESE/THE CANADIAN PRESS

Katarina Roxon of Kippens, N.L. (women's 100 breaststroke SB8) and Aurelie Rivard, St-Jean-sur-Richelieu, Que., (women's 400 freestyle S10) also captured gold to continue Canada's medal haul in the pool. Only Brazil has won more swimming medals at the Games so far.

"I could hear the crowd cheering the last 25 metres,"

said Roxon. "I just wanted to get to the wall quicker and do it for Canada."

Stilwell, a cabinet minister in B.C. Premier Christy Clark's Liberal government, raced to gold in the 100-metre T52 event in 19.58 seconds, edging Americans Kerry Morgan and Cassie Mitchell. Saskatoon's Becky Richter was fourth.

In other results at the track,

Kyle Whitehouse of St. Catharines took silver in the men's 100 metres T38 for athletes

RIVARD

Katarina Roxon, of Kippens, N.L., took the women's 100-metre breaststroke SB8 gold medal in a Parapan Am record 1:22.18.

ROXON



THE CANADIAN PRESS



RIVARD

Aurelie Rivard, of St-Jean-sur-Richelieu, Que., set an Americas record with a time of 4:33.40 to capture gold in the women's 400-metre freestyle S10.

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Prep time: 10 minutes

Serves 4

Ingredients

- 2 ripe avocados
- 1/3 cup light mayonnaise
- 2 tsp Worcestershire sauce
- 2 Tbsp chili sauce (Heinz)
- 6 oz bay shrimp, defrosted and cooked, with excess liquid squeezed out
- 1/2 cup finely diced red bell pepper
- 2 Tbsp finely chopped green onions or chives

Directions

1. Slice avocados in half and

scoop out pulp. Chop and place in bowl.

2. In another small bowl, mix mayonnaise, Worcestershire sauce and chili sauce.

3. Set aside four shrimp for garnish. Chop remaining shrimp and add to avocado with bell peppers and green onions. Gently fold in mayonnaise mix to avocado.

4. Spoon filling back into avocado shells. Garnish with remaining shrimp.

Nutrition per serving

- Calories 230
- Protein 11g
- Carbohydrates 14g
- Fibre 7g
- Total fat 16g
- Saturated fat 2.5g
- Cholesterol 65mg

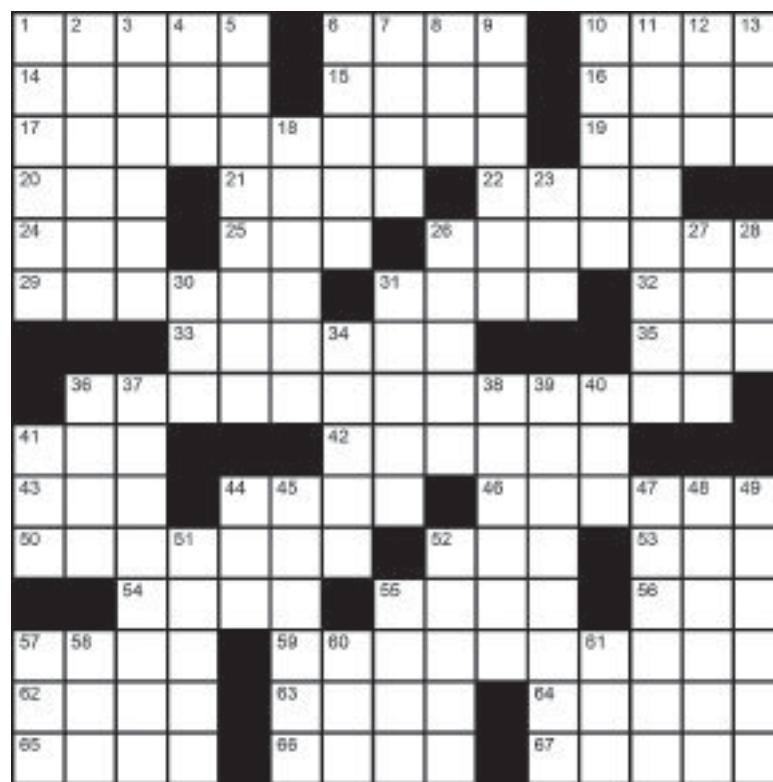
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Coffee brand est. 1896 in Vancouver
6. Officially choose
10. Meaningful
14. Muse of love poetry in ancient Greek mythology
15. Ken of "thirtysomething"
16. ...happily _ after.
17. Best friend of #36-Across played by Dana Carvey: 2 wds.
19. 'Father' in France
20. White House nickname
21. Legendary singer Ms. James
22. "__ Chef America"
24. Not 'twas
25. Aug. and Sept.
26. Type of Terrier dog, cute-style
29. Orders takeout: 2 wds.
31. Ahhs friends
32. Feminine 'one' in French
33. City in Washington state
35. East Coast ocean, for short
36. "Saturday Night Live" character Mike Myers brought to the silver screen: 2 wds.
41. Jewel
42. Actress Charlize
43. Rainbow's shape
44. Fertilizer



- component
46. Yield
50. Money put into a bank account
52. Twice a single, for short
53. U2 rock producer Brian
54. Rushed letters in the office

55. Angry, __ off
56. Ex-Bruin
Bobby
57. __-Cola
59. Everyone knows about it even though it's supposed to be hush-hush: 2 wds.
62. "Star __"
63. Typeface

64. Heighten
65. Waitress on "Alice"
66. Marshes
67. Police squads, e.g.

3. Most minimal
4. Baseball great Mel
5. Queen tune
#17-Across and #36-Across famously rocked to: __ Rhapsody"
6. Electricity units
7. Ms. Kurylenko, Tom

Cruise's co-star in "Oblivion" (2013)

8. Ms. Carrere, Mike Myers' co-star as per #36-Across

9. Improve

10. The Home __

11. Ultimate

12. 'Mountain' suffix

13. Prior

18. Now!: 2 wds.

23. Iceland band, Sigur __

26. Dishonour

27. Global, briefly

28. Tubular fish

30. Swine spot

31. Nebraska city

34. Eight-member music ensemble

36. "The Way We __" (1973)

37. __ (Car in which #5-Down was played in the 1992 movie, as per #36-Across)

38. Investigations

39. Huge rocks

40. 'Differ' suffix

41. __ about (Rove)

44. NFL's land

45. Swindle

47. City in Illinois

48. Rioting reason

49. Rich cakes

51. City of Hon-

shu in Japan

52. Auto shop repairs

55. State for Mem-

phis, for short

57. CBC rival

58. Portland, __

60. The Raven poet's surname

61. Crow cry

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Jupiter in the work area of your chart is sure to mean extra responsibilities, but if you tackle them in the right spirit and do the best job you can you will make a good impression. Get to it.

Taurus April 21 - May 21
The last thing you want now is to waste energy trying to persuade other people to do things your way. It's what YOU do that counts, so do something that makes the world sit up and take notice.

Gemini May 22 - June 21
Some sort of domestic strife is likely today but, at the same time, you are feeling extremely good-natured, so it should be easy enough to deal with.

Cancer June 22 - July 23
You won't lack for social invitations today but if you show your face too often you will begin to lose your rarity value. Even if you are not a celebrity as such you should act like one.

Leo July 24 - Aug. 23
There have been a lot of ups and downs in your life of late and you would no doubt welcome a little stability. That will come later but for now there is another roller-coaster situation you have to deal with.

Virgo Aug. 24 - Sept. 23
You cannot be the life and soul of the party every day. Now that Jupiter is moving through your sign you will find it easier to use the magic word more often. That word is "No."

Libra Sept. 24 - Oct. 23
This is a good time to look back at your efforts over the past few months and learn from both your triumphs and your failures. Your attitude is so positive now that nothing can hurt you emotionally.

Scorpio Oct. 24 - Nov. 22
You rarely, if ever, change your opinions once your mind is made up but over the next few days you will find yourself questioning some of the things you have come to believe.

Sagittarius Nov. 23 - Dec. 21
Jupiter in the career area of your chart means you will attract the attention of people in positions of power. You could soon be moving up in the world.

Capricorn Dec. 22 - Jan. 20
Get out into the world and explore. If you have shut yourself away in recent weeks you must now go right the other way and let everyone know that you still exist!

Aquarius Jan. 21 - Feb. 19
You have so many options to choose from now it may be a bit confusing. You are strongly advised to go with the option that provides you with the greatest amount of freedom.

Pisces Feb. 20 - March 20
You are going to have to make some major decisions over the next few days, the kind of decisions that have far-reaching consequences. Don't put them off in the hope that they might go away. Be brave.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

Conceptis Sudoku

By Dave Green

1	2	4		
5		8	2	7
9		2	3	
2	8	3	6	
3	1	2	8	
1	8	5	3	
7		6	8	9
9			1	3
				4

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